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**Can we
afford
to
miss
it?**

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OUR VOICES DOCUMENTS

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School Breakfast

A QUICK LOOK AT THE NUMBERS

-  Illinois ranks 45th in the nation in the number of schools participating in School Lunch that offer School Breakfast.*
-  Illinois ranks 46th in the nation in the number of free and reduced-price students participating in School Breakfast.*

The same report indicated that 50.6 percent of schools in School Lunch offer School Breakfast compared to the national statistic of 74.2 percent of schools nationwide which offer School Breakfast.

**Food Research and Action Center Report, issued October 1999*

The Studies

Many studies and pilot programs have shown how students benefit from starting their school day with breakfast. In one of the most recent studies conducted in Maryland, researchers from Harvard University evaluated the project's impact on academics and behavior. They found that the classroom breakfast had a positive impact on test scores. Researchers also credited classroom breakfast with improving student attendance by about two days per school year, decreasing tardiness and behavior problems, and increasing students' attention spans.



The Benefits

Studies show improvement in attendance and a decrease in tardiness when a School Breakfast Program is available to students. Students who eat breakfast show increases in their attention spans, and decreases in

behaviors that distract their classmates. Students who eat breakfast also have fewer trips to the nurse's office complaining of headaches and upset stomachs.

All this from a meal as simple as School Breakfast.

So, why doesn't every school have breakfast?

The Barriers

Many schools would like to provide their students with breakfast but need some assistance in overcoming some of the barriers to starting a breakfast program. Some of the barriers, such as transportation issues and supervision, can be overcome by creative problem solving and team work; some of the barriers take money to purchase equipment or to publicize the School Breakfast Program to students, parents, and the community. With the help of recent state legislation, three incentives have been funded. This funding should help many schools in Illinois in providing school breakfast for their students. To participate in the incentives, the school must currently participate in the National School Lunch Program.

The Incentives

The incentive funding should help schools in Illinois provide school breakfast for their students. To participate in the incentives, the school must currently participate in the National School Lunch Program. After that, all it takes is the commitment to provide the students with a great start to their day.



Start-up grants up to \$3500 for nonrecurring costs associated with the initiation of the School Breakfast Program.





Funding for a Universal Free Breakfast Program for a limited number of schools where 80 percent or more of the students are eligible to receive free or reduced-price lunches under the National School Lunch Program based on FY 2000 data.



Additional reimbursement of \$.10 for each paid, free, and reduced-price breakfast served when the number of breakfasts served in the month exceeds the number of breakfasts served in the same month during the preceding year by 10 percent.

For more information, or questions please contact:
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or by email at kworkman@smtp.isbe.state.il.us

Hungry children can't concentrate and can't learn. Breakfast is a simple way to give children the nutritional boost they need to start the day ready to learn."

Shirley R. Watkins
Under Secretary of the USDA, Food,
Nutrition and Consumer Services



*A
child who
has had
breakfast
is a child
who is
ready to
learn.*



*"Let's do Lunch . . .
AND Breakfast"*

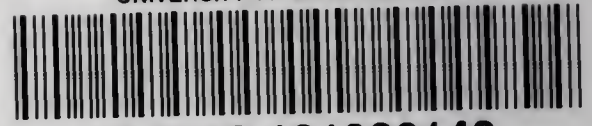
*Incorporate the National
School Lunch Program and the
School Breakfast Program for
your students today.*



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